



# HEALTHY LIVING COMMITTEE

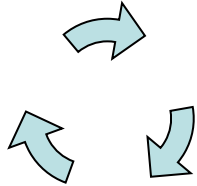
## RESOURCE GUIDE 2018-2019



All forms in this guide are available online [www.trta.org](http://www.trta.org).



# Preserving the Past, Securing the Future Healthy Living Committee 2018



## **Guidelines for Healthy Meetings**

Provide water; encourage stretch breaks  
Serve healthy refreshments

## **Get Your Creative Energy Flowing**

Turn on upbeat music  
Present ways to promote healthy living  
Share local health related information  
Set up a health-related program  
View the Healthy Living Committee link at [TRTA.org](http://TRTA.org)

## **Healthy Living Messages**

The State Healthy Living Committee sends an email to District Healthy Living Chair that highlights health related information. District Healthy Living Chairs then share this information with their local unit Healthy Living Chairs to share with their local units. If you are not receiving healthy living messages, contact your district or state HC rep.

## **Resource Guide**

The Healthy Living Resource Guide can be downloaded at [www.TRTA.org](http://www.TRTA.org) under the Healthy Living Committee link. Wellness is promoted through articles and links that include physical, psychological, and social areas. A variety of resources is provided for free materials and programs.

## **Healthy Living Annual Report Deadline**

Local Unit Reports due to District HL Chair by Feb 15  
District Unit Reports due to State HL Chair by March 1  
Forms online at [TRTA.org](http://TRTA.org) under Healthy Living Committee

## **Achievement Certificates**

Local units are recognized for participating in a “Healthy Living Check: How Healthy is Your Local Unit?” Certificates are distributed to District Healthy Living Chairs at the state convention. Local units receive certificates at the District Spring Leadership Development Conference.

## Healthy Living Committee

Policy: The TRTA Healthy Living Committee shall collaborate with state and national organizations concerned with retirees' health issues to develop and implement programs for the maintenance and improvement of retirees' physical, mental and emotional health. The committee shall collaborate with other standing and special committees as appropriate to further the mission of TRTA.

## Suggested Activities

### The TRTA State Healthy Living Committee Chair:

1. Establish working contacts with persons, organizations, and agencies in the community that have information and expertise in the health field;
2. Attend and urge committee members to attend community forums, health fairs, or special training events relative to health care;
3. Serve as presenter to train district and local unit counterparts at the TRTA Convention;
4. Gather and disseminate resource materials to district healthy living committee chairs to be used at the local unit level; and
5. Coordinate the TRTA "Project: Healthy Living" program and collect from each district the "Health Care Check: How Healthy is Your Local Unit?" report forms along with the district annual report form.

### The TRTA District Healthy Living Committee Chair:

1. Send information received from the state healthy living committee chair to the local unit healthy living committee chair in the district;
2. Gather health-related information of interest to retired school and higher education personnel and send it to the local unit healthy living committee chair;
3. Establish working contacts with persons, organizations, and agencies in the district that have information and expertise in the health care field;
4. Compile TRTA "Health Care Check: How Healthy is Your Local Unit?" report forms from each local unit, tally information and submit the district annual report form to the state healthy living committee representative by due date;
5. Serve as presenter of the healthy living training for local unit healthy living committee chairs at the district spring leadership training conference; and
6. Attend the TRTA Convention healthy living leadership training session.

### The TRTA Local Unit Healthy Living Committee Chair:

1. Relate information received from the state and district healthy living chairs to the members;
2. Gather information of local interest to retired school and higher education personnel and notify the members;
3. Establish working contacts with persons, organizations, and agencies in the community that have information and expertise in the health care field;
4. Attend and urge members to attend community forums, health fairs, or special training events relative to health care;
5. Report at each meeting something of significant interest to the membership even if only a tidbit from the newspaper, radio or television; resource guide, or a reputable online source;
6. Plan at least one (1) Healthy Living Program for the local unit each year;
7. Encourage participation in the TRTA "Project: Healthy Living" program;
8. Become knowledgeable about community resources;
9. Complete the TRTA "Health Care Check: How Healthy is Your Local Unit?" report form for your unit. Submit the local unit annual report to your district healthy living committee chair by due date; and
10. Attend the healthy living training session at the district spring leadership development conference and if possible attend the healthy living training session at the TRTA Convention.

# TRTA Healthy Living Resource Guide

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## National Health Observances

Source: National Health Observance [www.healthfinder.gov](http://www.healthfinder.gov)

*Free materials available upon request*

### JANUARY

Cervical Health Awareness Month

National Cervical Cancer Coalition

(800) 685-5531 [www.nccc-online.org](http://www.nccc-online.org)

National Glaucoma Awareness Month

Prevent Blindness

(800) 331-2020 [www.preventblindness.org](http://www.preventblindness.org)

### FEBRUARY

American Heart Month

American Heart Association

(800) 242-8721 [www.heart.org](http://www.heart.org)

### MARCH

Brain Awareness Week: 16-22

Dana Alliance for Brain Initiatives

(212) 401-1689 [www.dana.org/brainweek](http://www.dana.org/brainweek)

National Colorectal Cancer Awareness Month

Prevent Cancer Foundation

(800) 227-2732 [www.preventcancer.org](http://www.preventcancer.org)

National Nutrition Month

Academy of Nutrition and Dietetics

[www.eatright.org/nnm](http://www.eatright.org/nnm)

### APRIL

Alcohol Awareness Month

Natl Council on Alcoholism/Drug Dependence, Inc.

(800) NCA-CALL (622-2255) (24-Hour Helpline)

(212) 269-7797 [www.ncadd.org](http://www.ncadd.org)

### MAY

Arthritis Awareness Month

Arthritis Foundation

(800) 283-7800 [www.arthritis.org](http://www.arthritis.org)

Melanoma/SkinCancer Detection/Prevention Month

American Academy of Dermatology

(888) 462-DERM (462-3376) [www.spotskincancer.org](http://www.spotskincancer.org)

National Stroke Awareness Month

Centers for Disease Control and Prevention

800-CDC-INFO (800-232-4636)

[www.cdc.gov/stroke/stroke\\_awareness\\_month.htm](http://www.cdc.gov/stroke/stroke_awareness_month.htm)

National Senior Health & Fitness Day: May 28th

Health Information Resource Center

(800) 828-8225 [www.fitnessday.com](http://www.fitnessday.com)

### JUNE

Cataract Awareness Month

Prevent Blindness

(800) 331-2020 [www.preventblindness.org](http://www.preventblindness.org)

National Safety Month

National Safety Council

(800) 621-7615 [www.nsc.org/nsm](http://www.nsc.org/nsm)

### JULY

Juvenile Arthritis Awareness Month

Arthritis Foundation (800) 283-7800

[www.arthritis.org/arthritis-facts/disease-center/juvenile-arthritis.php](http://www.arthritis.org/arthritis-facts/disease-center/juvenile-arthritis.php)

### AUGUST

National Immunization Awareness Month

Nat'l Center for Immunization/ Respiratory Diseases

(800) CDC-INFO (232-4636) English/Spanish

(877) 394-8747 International Travel Information

[www.cdc.gov/vaccines/events/niam/default.htm](http://www.cdc.gov/vaccines/events/niam/default.htm)

### SEPTEMBER

National Preparedness Month

Ready Campaign: FEMA/DHS

(800) 462-3362 [www.ready.gov](http://www.ready.gov)

National Food Safety Education Month

Partnership for Food Safety Education

(202) 220-0651 [www.fightbac.org](http://www.fightbac.org)

### OCTOBER

Bone & Joint Health Nat'l Awareness Week: 12-20

U.S. Bone and Joint Initiative

(847) 430-5054 [www.usbji.org](http://www.usbji.org)

### NOVEMBER

American Diabetes Month

American Diabetes Association

(800) DIABETES (342-2383)

[www.diabetes.org/in-my-community/american-diabetes-month.html](http://www.diabetes.org/in-my-community/american-diabetes-month.html)

National Alzheimer's Disease Awareness Month

Alzheimer's Association

(800) 272-3900 [www.alz.org](http://www.alz.org)

### DECEMBER

National Influenza Vaccination Week: 7-13

National Center for Immunization and Respiratory Diseases (800) CDC-INFO (232-4636)

[www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/)

**TIP: Plan ahead and order materials for the coming year. Make them available at meetings. Share the websites and brief summaries in newsletters. Go to [www.healthfinder.gov](http://www.healthfinder.gov) for more national observances.**

## **Additional Healthy Living Websites Related to National Health Observances**

<b>January</b>	<b>Cervical Health Awareness Month</b> <a href="http://www.activebeat.com/your-health/women/the-10-warning-signs-of-cervical-cancer/">www.activebeat.com/your-health/women/the-10-warning-signs-of-cervical-cancer/</a> <b>Glaucoma Awareness Month:</b> <a href="http://www.glaucoma.org/">http://www.glaucoma.org/</a> <a href="https://www.healthline.com/healthdirectory-awareness-months">https://www.healthline.com/healthdirectory-awareness-months</a> <a href="https://mayoclinic.org/healthy-lifestyle">https://mayoclinic.org/healthy-lifestyle</a>
<b>February</b>	<b>American Heart Month</b> WebMD- Stress and Heart Diseases: What's the Link? <a href="http://www.webmd.com/">www.webmd.com/</a> Heart Disease Guide; <a href="http://millionhearts.hhs.gov/">http://millionhearts.hhs.gov/</a>
<b>March</b>	<b>Colorectal Cancer Awareness month</b> <a href="http://www.mayoclinic.org/diseases-conditions/colon-cancer/home/ovc-20188216">www.mayoclinic.org/diseases-conditions/colon-cancer/home/ovc-20188216</a>
<b>April</b>	<b>Alcohol Awareness Month</b> Fact Sheets Alcohol Use and Your Health <a href="http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm">www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm</a> <b>National Donate Life Month</b> <a href="mailto:ask@hrsa.gov">ask@hrsa.gov</a> ; <a href="http://www.organdonor.gov">www.organdonor.gov</a> ; (888) 275-4772
<b>May</b>	<b>Arthritis Awareness Month:</b> <a href="http://www.arthritis.org/">www.arthritis.org/</a> <b>Arthritis pain: Do's and Don'ts - Mayo Clinic</b> <a href="http://www.mayoclinic.org/diseases-conditions/arthritis/in">www.mayoclinic.org/diseases-conditions/arthritis/in</a> <b>Melanoma/Skin Cancer Detection/Prevention Month</b> Melanoma Treatment; Source: NIH-National Cancer Institute <a href="http://www.cancer.gov/types/skin/patient/melanoma-treatment-pdq">www.cancer.gov/types/skin/patient/melanoma-treatment-pdq</a> <b>National Osteoporosis Awareness and Prevention Month</b> National Osteoporosis Foundation; <a href="http://www.nof.org">www.nof.org</a> ; (800) 231-4222
<b>June</b>	<b>National Safety Month— National Safety Council</b> How can older driver deaths and injuries be prevented? <a href="http://www.rightathome.net/.../older-adult-drivers-get-the-facts">www.rightathome.net/.../older-adult-drivers-get-the-facts</a>
<b>August</b>	<b>National Immunization Awareness Month</b> Vaccine-Preventable Adult Diseases; <a href="http://www.cdc.gov/vaccines/adult/vpd.html">www.cdc.gov/vaccines/adult/vpd.html</a> <b>Psoriasis Awareness Month; National Psoriasis Foundation</b> <a href="http://www.psoriasis.org">www.psoriasis.org</a> ; (800) 723-9166
<b>September</b>	<b>National Preparedness Month</b> Tornado Preparedness - <a href="http://www.disastercenter.com/guide/tornado.html">www.disastercenter.com/guide/tornado.html</a> National Hurricane Center- <a href="http://www.nhc.noaa.gov/prepare/">www.nhc.noaa.gov/prepare/</a> Emergency Preparedness- <a href="http://www.cdc.gov/features/beready/">http://www.cdc.gov/features/beready/</a>
<b>October</b>	<b>National Dental Hygiene Month; American Dental Association</b> 800) 621-8099; <a href="http://www.ada.org">www.ada.org</a>
<b>November</b>	<b>National Alzheimer's Disease Awareness Month</b> Alzheimer's Disease Symptoms- Mayo Clinic <a href="http://www.mayoclinic.org/diseases-conditions/alzheimers">www.mayoclinic.org/diseases-conditions/alzheimers</a>
<b>December</b>	<b>National Influenza Vaccination Week</b> Reducing Your Risk of Viral Upper Respiratory Infections: <a href="http://www.lifescrypt.com/health/">www.lifescrypt.com/health/</a> Pandemic Flu Information: <a href="http://www.flu.gov">www.flu.gov</a>

# Guidelines for Healthy Meetings



The connection between food, physical activity and health are well documented. Offering healthy choices at meetings and other events can make it easier for people to eat healthy foods and be physically active. Making simple changes to foods, drinks and breaks offered at group and community events gives members disease-fighting foods and an energy boost without worries about too many calories, too much unhealthy fat, or too much sedentary time.

- **Serve low-calorie and low-fat foods.**
- Serve fresh fruits and vegetables whenever possible.
- Serve small portions (e.g., cut bagels in halves or quarters, etc.).
- **Serve milk (fat-free or 1%), 100% fruit or vegetable juice, water or iced tea (unsweetened) instead of soft drinks.**
- Lunch and dinner don't have to include a heavy dessert - fresh fruit, a fruit crisp or cobbler, small cookies, etc. are fine options.
- Include a vegetarian option at all meals.
- Provide reduced-fat or low-fat milk for coffee rather than cream or half and half (evaporated skim milk also works well for coffee - make sure it's not sweetened condensed milk).
- **Provide pitchers of water.**
- **Organize physical activity breaks that can be modified or adapted for people of all abilities, such as stretching exercises that can be performed in a seated position.**

## Light Refreshments

- Fresh sliced fruit and vegetable tray - offered with low-fat dips;
- Whole grain crackers or granola bars (5g fat or less per serving);
- An assortment of low-fat cheeses and whole grain crackers;
- Pita chips served with hummus;
- Whole grain muffins (halved if not serving mini muffins), whole grain breads;
- Low-fat yogurt; dried fruit mix; almonds;
- Sandwich platters - cut sandwiches in half so people can take smaller portions. Offer mustard and low-fat mayonnaise as condiments on the side. Use whole grain breads.
- Pretzels, popcorn, baked chips, and trail mixes;
- Bagels with low-fat cream cheese or jams - cut bagels in halves or quarters.
- Desserts: frozen yogurt or sorbet, small cookies, small individually wrapped chocolates, fruit crisp.



Developed by the New York State Department of Health Center for Community Health  
<http://www.health.ny.gov/community/disability/guidelines.htm>





# Handwashing

## at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

### How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

### Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



### What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease  
Control and Prevention  
National Center for Emerging and  
Zoonotic Infectious Diseases

CS 280522A

## When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

## What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

## How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sicknesses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

Studies have  
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a cold or the flu.

# BRAINGAMES

## National Geographic BRAIN GAMES

Test the bounds of your brain's inner GPS; go to this website for online games, tv episodes, and articles.  
<http://natgeotv.com.au/tv/brain-games/inside-the-brain.aspx>

### Increase Your Attention/Concentration

<http://www.memory-improvement-tips.com/brain-games.html>

Training your brain with free online brain games is a fun way to improve your memory, concentration, and other brain skills. There are over 200 free brain training games on this site.

### Preventing Memory Loss

<http://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518>

We all find ourselves forgetting people's names, our grocery list, where we put the car keys, what we had for lunch two days ago, etc. We are not alone. Everyone forgets things from time to time. Although there is no magic treatment for preventing memory loss, there are some tricks that can be helpful.

1. **Stay Mentally Active** - Work crossword puzzles, Sudoku puzzles, read sections of the newspaper you normally would skip. Take alternate routes when driving, learn to play a musical instrument. Volunteer as a mentor, tutor, or helper in a school organization.
2. **Socialize** - Staying at home alone can bring on depression and stress. Both can contribute to memory loss. Become active in organizations and when you are invited, GO!
3. **Get Organized** - Get rid of clutter and disarray. Being organized helps us to remember and jotting down appointments and events on a calendar or electronic planner keeps us current. Keep to-do lists handy and current. Do not let them become overcrowded. Focus on the information you truly need to remember.
4. **Sleep Well** - Regulate your sleep habits so that you can get 7 -8 hours a night. Sleep helps consolidate your memories.
5. **Eat Healthy** - Avoid between meal snacks. Eat balanced meals three times a day. Go easy on the sweets and increase fish, lean meat and skinless poultry. Drink plenty of water.
6. **Include Daily Physical Activity** - Keep those muscles in shape and good working order. Exercise increases blood flow to your whole body, including your brain. This will help to keep your memory sharp. Try to get at least 150 minutes a week of moderate activity such as brisk walking. If you can't get this amount in equal segments, a 10-minute walk will make you feel much better throughout the day.
7. **Manage Chronic Conditions** - Follow your doctor's treatment recommendations. The better you take care of yourself, the better your memory is likely to be. Review your medications with your doctor regularly and report any memory loss problems. Keep healthy, keep strong, and remember to be kind to yourself.

### BINGO for Health

Create bingo cards at [www.print-bingo.com](http://www.print-bingo.com) to use at meetings. Using the free space in the middle and typing in twenty-four (24) words, the words will be rearranged automatically.

Use as a game or a teaching tool. Great game for a family reunion using family names & trivia!

## Humana Medicare Advantage offers Go365

### A personalized wellness and Rewards program

To register for Go365, go to <https://www.humana.com/go365/>. TRS Retirees enrolled in Humana Medicare Advantage are issued a card with a member I.D. You will be asked for your member I.D. number or your social security number, along with your date of birth and zip code.

At the beginning, you will complete a Health Assessment survey consisting of a short series of questions that reveal your Go365 Age—a measure of whether your body is living younger or older than your actual age and you will unlock activities recommended just for you. You will earn 500 bucks from this activity. Bucks have no cash value and can only be spent in the Go365 Mall.

Earn awesome rewards bucks for prevention activities such as shots for flu, Shingles, and pneumonia. Also, listed are mammograms, colonoscopies, bone density tests, vision and dental exams. These activities are verified by your physicians. Also earn bucks, not money for walking, which can be verified by an app.

**SilverSneakers® Fitness**-Staying in shape and feeling good are important at any age. That's why most Humana's Medicare plans include the SilverSneakers Fitness program - at no extra cost\*. Humana purchases a local membership from a participating fitness center (gym) to get you into shape. You swipe your gym card as proof of your attendance and it is reported to Go365.

As you complete healthy activities and get more engaged, you can rack up the rewards<sup>3</sup>. The more you earn, the more options you have in the Go365 Mall!



Gift cards and movie tickets. activities to start earning rewards, and definitely earn the bucks, spend them in the Go365 Mall for great items like gift cards from Amazon, Lowe's, Cinemark, Target, Macy's, etc.



Go365-compatible devices and fitness gear



Electronic devices and more Choose a few

For options outside the traditional fitness location, try SilverSneakers FLEX™ with classes including tai chi, yoga, and walking groups offered at local parks and recreation centers.

**Use the Humana Medicare member Provider Service telephone number on the back of your Humana card to call 1800-320-9566 and ask to be transferred to Go365. <https://www.humana.com/go365/>**

**SilverSneakers**-Call 1-888-423-4632 (TTY:711), Monday through Friday, 8 am to 8 pm.

<https://www.humana.com/medicare-support/benefits/health-programs/silversneakers> or to register go to [www.silversneakers.com](http://www.silversneakers.com)

\*Go 365 offers more than what is listed on this page, explore the many possibilities.

## **HEALTHY COOKING SUBSTITUTIONS**      **Source: MD Anderson Cancer Center**

Want to maintain a healthy weight—and make your body more fit to fight cancer?  
Trimming calories and fat from the foods you eat can help.

### **INSTEAD OF:**

### **SUBSTITUTE:**

Bread crumbs	Whole wheat bread crumbs or Toasted wheat germ
Butter, margarine, or oil (1 cup)	½ cup apple butter or applesauce
Butter, margarine, veg. oil for sautéing	Cooking spray, chicken or veg. broth, or olive oil
Canned cream soups	Canned broth-based soups (low salt if possible)
Cheese (cheddar, Swiss, jack)	Reduced-fat/part-skim cheese
Cream	Evaporated fat-free milk
Cream (for soup thickening)	Pureed potatoes or vegetables
Cream cheese (1 cup)	½ cup ricotta cheese pureed w/ ½ cup fat-free cream cheese
Eggs (1 egg)	2 egg whites or ¼ cup egg substitute
Flour (all-purpose, 1 cup)	1 cup whole wheat flour or ½ cup whole wheat + 1/2 cup all-purpose flour
Ground beef	Extra-lean ground beef or ground turkey breast
Mayonnaise	Reduced-fat or fat-free mayonnaise
Meat/poultry for stir-fry	Extra-firm tofu, cubed
Oil and vinegar dressing (3 parts oil to 1 part vinegar)	1 part olive oil+1 part flavored vinegar+1 part orange juice
Sour cream	Fat-free sour cream or unflavored non-fat Greek yogurt
Tuna (oil-packed)	Water-packed tuna (rinse to reduce sodium)
White rice	Brown rice, bulgur, kasha, quinoa or whole wheat couscous
Whole milk	Fat-free milk

## **HEALTHY BAKING SUBSTITUTIONS**      **Source: MD Anderson Cancer Center**

### **INSTEAD OF:**

### **SUBSTITUTE:**

Buttermilk (full fat)	Low-fat or fat-free buttermilk
Chocolate (milk or white)	Dark chocolate
Frosting	Pureed fruit or “sprinkle” with powdered sugar
Fruit canned in heavy syrup	Fresh fruit or fruit canned in water or its own juice
Fudge sauce	Chocolate syrup
Evaporated milk	Evaporated skim milk
Pastry dough	Graham cracker crumb crust
Sweetened condensed milk (full fat)	Low-fat or nonfat sweetened condensed milk
Syrup	Applesauce, honey or reduced calorie, sugar-free syrup
Unsweetened baking chocolate (1 oz)	3 tbsp. unsweetened cocoa powder + 1 tbsp. veg. oil or margarine

Note: Unless otherwise noted, substitute the same amount as the original recipe calls for.

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics  
by incorporating these food, nutrition and physical activity tips.

## 1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

## 2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

## 3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

## 4. Be Active

Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

## 5. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

## 6. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

## 7. Consult an RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

## 8. Follow Food Safety Guidelines

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly. Learn more about home food safety at [www.homefoodsafety.org](http://www.homefoodsafety.org).

## 9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.

## **10. Get Cooking**

Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. The collection of “Planning and Prep” videos at [www.eatright.org/videos](http://www.eatright.org/videos) will get you started.

## **11. Dine Out without Ditching Your Goals**

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

## **12. Enact Family Meal Time**

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

## **13. Banish Brown Bag Boredom**

Whether it’s a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard-boiled egg.

## **14. Explore New Foods and Flavors**

Add more nutrition and eating pleasure by expanding your range of food choices. When

This tip sheet is provided by:

**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).**

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The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals.

shopping, make a point of selecting a fruit, vegetable or whole grain that’s new to you or your family.

## **15. Eat Seafood Twice a Week**

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

## **16. Cut Back on Added Sugars**

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

## **17. Experiment with More Plant-Based Meals**

Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.

## **18. Make an Effort to Reduce Food Waste**

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.



**You have the power to donate life.** By joining the Donate Life Texas Registry, you give hope to thousands of people awaiting the transplant they need to survive. Donate Life Texas is the only, official organ and tissue donor registry of the State of Texas. Registering takes only moments but can be the gift of a lifetime for those in need of a transplant. <http://www.donatelifetexas.org/#sthash.v2JHJ0J9.dpuf>

Registering to become an organ, eye and tissue donor records your decision to be a donor. Your generosity can save as many as eight lives through organ donation, bring sight to others with cornea donations and improve yet another 50 lives or more through tissue donation. It takes only moments yet means a second chance of a lifetime.

### **Donation Process**

Lots of people are curious about how the donation process works and what steps to take when a loved one passes away. You'll be glad to know that, for those on the registry, neither you nor your family members need to do anything else or keep track of donor cards or other documentation. Registering records your decision to be a donor and makes it known to the right people at the right time, automatically. It's important to remember that emergency medical personnel, doctors and hospital staff will always work to save lives first. Only after all life-saving efforts have been exhausted do hospitals notify organ and tissue recovery agencies to begin evaluating whether the person might be a candidate for donation.

Sign up today; go to: <http://www.donatelifetexas.org/register/>

**Donating Blood website... [www.carterbloodcare.org](http://www.carterbloodcare.org) and [www.unitedbloodservices.org](http://www.unitedbloodservices.org).**





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## **HUMOR: The Best Medicine**

<http://www.seniorcitizenjournal.com/seniorcitizenjournal/keeping-your-sense-of-humor/>  
[www.seniorhomes.com/p/humor-and-laughter-health-benefits](http://www.seniorhomes.com/p/humor-and-laughter-health-benefits)

**Humor and Mental Wellness:** The ability to laugh is closely tied to having a positive outlook on life, an important protective factor against numerous mental health issues such as depression and anxiety. Researchers at the College of William and Mary have found that “a wave of electricity sweeps through” the entire cerebral cortex (the whole brain) just before we laugh - this supports the theory that humor can actually help improve cognitive functioning by activating all parts of the brain simultaneously.

**A Joke A Day:** Users can sign up to have a free, clean joke sent to their email daily. Go to [www.ajokeaday.com](http://www.ajokeaday.com)  
<http://www.101inspirationalideas.com/retirement-teacher-humor.html#ixzz3leSnMLwE> ”

**Humor and Laughter:** [www.seniorhomes.com/p/humor-and-laughter-health-benefits](http://www.seniorhomes.com/p/humor-and-laughter-health-benefits)

Clean Funny Senior Citizen Jokes

[www.funny-jokes-quotes-sayings.com/clean-funny-senior-citizen-jokes.html](http://www.funny-jokes-quotes-sayings.com/clean-funny-senior-citizen-jokes.html)

Great Senior Citizen Jokes

[www.funny-jokes-quotes-sayings.com/seniorcitizen-jokes.html](http://www.funny-jokes-quotes-sayings.com/seniorcitizen-jokes.html)

35 Classic One-Liners about Aging

<https://www.huffingtonpost.com/john-blumenthal/aging-comedy>

Senior Citizen Jokes, Humor for Seniors and Funny Stuff about Being Old

[www.seniorcitizenstories.com/jokes.html](http://www.seniorcitizenstories.com/jokes.html)



## Grandpa Says:

An elderly gentleman, in his mid 90's, with hair well groomed, a great looking suit, a flower in his lapel, smelling slightly of a very nice after shave, and presenting a well-cared-for image, walks into an upscale cocktail lounge. Seated at the bar, an elderly lady, mid 80's, also well dressed and attractive is sitting alone. The gentleman walks over, sits down beside her, orders a drink, takes a sip, turns to her and says....

"So tell me, do I come here often?"



## Grandpa Says

**GRANDMA'S AGE:** LITTLE JOHNNY ASKED HIS GRANDMA HOW OLD SHE WAS. GRANDMA ANSWERED, "39 AND HOLDING." JOHNNY THOUGHT FOR A MOMENT, AND THEN SAID, "AND HOW OLD WOULD YOU BE IF YOU LET GO?"

Page 4

# Run For It!

## A HUMOROUS VERSION OF WHAT IS A HEALTHY LIFESTYLE!

**Q:** Is swimming good for your figure?

**A:** If swimming is good for your figure, explain whales to me.

**Q:** Is getting in-shape important for my lifestyle?

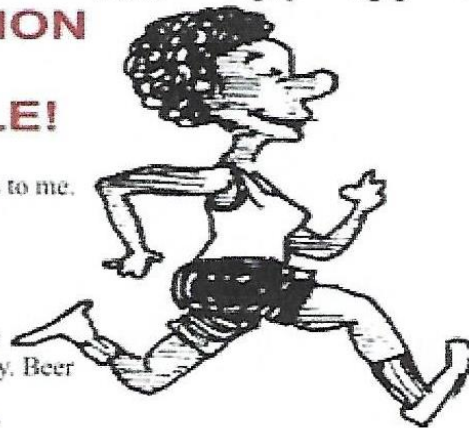
**A:** Hey! 'Round' is a shape!

**Q:** Should I reduce my alcohol intake?

**A:** No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - strawberries in the other - body thoroughly used up, totally worn out, and screaming - WOO HOO! What a Ride!"

See more humorous healthy lifestyles on page 25



*Something To Think About!*



"If life were fair, Elvis would be alive and all the impersonators would be dead." --Johnny Carson

## EVEN MORE HUMOROUS HEALTHY LIFESTYLES

(continued from page 24)

**Q:** Aren't fried foods bad for you?

**A:** YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

**Q:** Will sit-ups help prevent me from getting a little soft around the middle?

**A:** Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

# MENTAL HEALTH TIP SHEETS

The tip sheets linked below are PDF files, suitable for viewing on screen, sharing, or printing. If you need PDF software for your computer, you can download on this website. [www.ourhealthyminds.com](http://www.ourhealthyminds.com)

## **Facts about Butting Out**

Here's a timeline of health improvements you can expect when you quit smoking.

## **For Good Mental Health**

Sometimes we forget the simple things we can do to keep ourselves in good mental health.

## **Healthy Eating**

This tip sheet can help you eat healthy for mental health.

## **Quick Tips for Healthy Living**

These 11 tips will help keep you on the track to a healthy lifestyle.

## **Planning Meals**

Eating well is much easier if you can plan your meals ahead of time.

## **Preparing Food**

These basic tips can help you prepare your own healthy food.

## **Managing Stress**

Reducing stress is an important part of good mental health. Use these tips to keep calm.

## **How to Create a Well-Stocked Cupboard**

There are certain essential nonperishable ingredients you should always have in your cupboard.

## **Being Happy**

There are things you can do to encourage a happy state of mind.

## **For Friends and Family of A Person With An Eating Disorder**

This list of do's and don'ts will help you help someone you care about who's struggling with an eating disorder.

## **Everyday Things That Make You Feel Better**

Keeping simple lists can help keep you grounded when the going gets tough.

## **From Hospital to Community**

These tips will help give you a voice in your care and recovery.

## **Going Back to Work**

Returning to work after you've been ill can be a challenge. This tip sheet can help you meet it.

## **What To Do If You Are Concerned About A Family Member**

Some basic information on what to do if you're worried about a loved one's mental health.

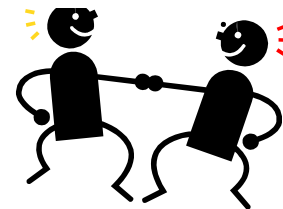
## **Starting a Writing Group**

In a writing group, the focus is on sharing experiences. Use these tips to start a group of your own, or use them in a group you're already in.

## **How to Start a Support Group**

If you can't find a support group that meets your needs, consider starting one of your own. It's not a difficult thing to do.

**Supporting Recovery** Here are 6 ways you can support a loved one's recovery from mental illness. [www.ourhealthyminds.com](http://www.ourhealthyminds.com)



## Vaccines for Adults By Kristina Duda, R.N. Cold & Flu Expert



**Tetanus (Td or Tdap)**- After the initial series of tetanus shots as a child (included in the Dtap), all adults need a booster every 10 years. It is recommended that one of those be replaced with a Tdap to protect against whooping cough (pertussis) at some point between the ages of 19 and 64.

**Pneumonia**- All persons over the age of 65 should have a pneumonia vaccine one time. If you have risk factors putting you at higher risk for the disease, you may need this vaccination before you turn 65. People with chronic illnesses and suppressed immune systems will need this vaccine every 5 years.

**Influenza**- The current recommendations for flu shots are that all children under 18 and all adults over the age of 50 receive the vaccination yearly. It is also recommended as a yearly vaccination for anyone between the ages of 19 and 49 who meets at-risk criteria.

**MMR** - If you have not had an MMR vaccine and have never had measles, mumps or rubella (German measles), you may need the vaccine. One or two doses are recommended if you are between the ages of 19 and 49 and one dose is recommended for those over the age of 50 who are at high risk for these diseases.

**HPV**- The HPV vaccine is a relatively new vaccine to prevent certain types of cervical cancer. It is recommended for girls between the ages of 11 and 24 and needs to be given in three doses.

**Varicella (Chickenpox)**- The varicella vaccine is recommended for all adults who have never had the vaccine and have never had the chickenpox disease. This vaccine is given in two separate doses.

**Hepatitis A**-The hepatitis A vaccine is recommended for all adults who are at high risk for the disease. It is given in two doses.

**Hepatitis B**-The hepatitis B vaccine is recommended for all adults who meet high-risk criteria for the disease. It is given in three doses.

**Meningococcal**-The meningococcal vaccine is recommended for all adults who are at high risk. It protects against certain types of meningitis and pneumonia. One or more doses may be necessary depending on your risk factors and your doctor's recommendations.

**Zoster (Shingles)**-One dose of herpes zoster vaccine is recommended for all adults over the age of 60. It protects against shingles, regardless of whether the person has had the disease before or not.

- Starting at age 65, if you've had three or more negative Pap tests, and no positive Pap test in the last 10 years, speak with your doctor about whether you should continue screening.
- **Colonoscopy** every 10 years to check for colorectal cancer
  - MD Anderson does not recommend colorectal cancer screening for men and women age 85 and older. If you're age 76 to 85, your doctor can help you decide if you should continue screening.

***Check annually with your doctor***

*What resources can I use to prepare for my trip?*

Here are some resources that may come in handy as you're planning your trip:

- [Visit CDC's travel website to find out which vaccines you may need](#) based on where you plan to travel, what you'll be doing, and any health conditions you have.
- [Download CDC's TravWell app](#) to get recommended vaccines, a checklist to help prepare for travel, and a personalized packing list. You can also use it to store travel documents and keep a record of your medicines and vaccinations.
- [Read the current travel notices](#) to learn about any new disease outbreaks in or vaccine recommendations for the areas where you plan to travel.
- [Visit the State Department's website](#) to learn about vaccinations, insurance, and medical emergencies while traveling.

## 7 Reasons to Drink More Water



### 1. **It boosts your mood.**

When researchers asked study participants to increase their water intake from 5 to 10 cups a day, they reported feeling calmer and more satisfied with their life.

**2. You may heal faster.** If you cut yourself, treat the wound then sip 16 ounces of water.

### 3. **It can lower your odds of a stroke.**

Dehydration may cause your blood to thicken and have a harder time passing through blood vessels.

### 4. **You won't ruin your workout.**

Having water before, during, and after exercise can prevent problems like heat stroke and muscle cramps.

### 5. **It can quiet a headache.**

Slowly drink from 1 to 6 cups of water. If the headache is triggered by water deprivation, you could be pain-free in half an hour.

### 6. **You'll be a better driver.**

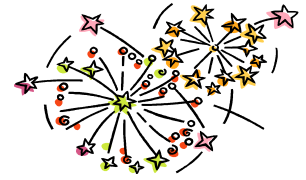
Dehydration may cause you to make more mistakes behind the wheel. Sip 16 ounces before departing and have 7 ounces every hour you are on the road.

### 7. **It increases your brainpower.**

Mild dehydration causes short-term memory problems, poor attention, and slow reaction times.



## RESOURCES FOR SENIORS



### **America's Natural and Cultural Resources Volunteer Portal** [www.volunteer.gov/gov](http://www.volunteer.gov/gov)

A Federal Government website to help people find volunteer opportunities in State parks and other areas with natural and cultural resources. You can search by location and type of activity such as "tour guide" or "botany."

### **Senior Corps** [www.getinvolved.gov](http://www.getinvolved.gov)

1-800-942-2677 (toll-free); 1-800-833-3722 (TTY/toll-free)

A Federal group that works with thousands of nonprofit organizations and local agencies—both secular and faith-based—to promote service opportunities for older Americans. Learn how to get involved in a variety of volunteer activities near you.

### **Senior Resource Guide** [www.srqserv.com](http://www.srqserv.com)

Sign up for E-newsletters regarding caregiving and healthy living.

### **Volunteer Match** [www.volunteermatch.org](http://www.volunteermatch.org) 1-415-241-6868

A nonprofit organization that helps people find volunteer opportunities that fit their interests and needs. You can learn how to get started and register on their website for email alerts.

### **Texas Seniors' Guide:** Resources and valuable information for seniors and their families. [www.seniorguide.net/](http://www.seniorguide.net/)

### **TEXAS DAY TRIPS:** [www.allacrosstexas.com/texas-day-trips](http://www.allacrosstexas.com/texas-day-trips)

**TEXAS SENIOR GAMES** The purpose of the Texas Senior Games Association (TSGA) is to promote physical and mental health and fitness among Texas Senior Citizens by encouraging them to maintain healthy lifestyles and social relationships, to participate in sports and recreational activities with other seniors, and to provide an environment for athletic competition. Contact: Texas Senior Games Association, 2306 Bristol, Bryan, TX 77802-2405; [www.tsga.org/](http://www.tsga.org/)

### **Fun senior activity ideas:**

[www.elderoptionsoftexas.com/article\\_texas\\_senior\\_activity\\_centers.htm](http://www.elderoptionsoftexas.com/article_texas_senior_activity_centers.htm)

[www.elder-one-stop.com/senior-activity-ideas.html](http://www.elder-one-stop.com/senior-activity-ideas.html)

[www.seniors.lovetoknow.com/Category:Activities\\_for\\_Seniors](http://www.seniors.lovetoknow.com/Category:Activities_for_Seniors)

[www.dailycaring.com/free-large-print-crossword-puzzles-for-seniors](http://www.dailycaring.com/free-large-print-crossword-puzzles-for-seniors)

[www.greatcleanjokes.com/jokes/senior-jokes/](http://www.greatcleanjokes.com/jokes/senior-jokes/)

[www.notjustbingo.com](http://www.notjustbingo.com)

[www.elderlyactivities.co.uk/](http://www.elderlyactivities.co.uk/)

[www.growyoungfitness.com/challenge](http://www.growyoungfitness.com/challenge)

[www.gethealthystayhealthy.com](http://www.gethealthystayhealthy.com)

**CRAFTS FOR SENIORS: [www.crazyforcrafts.com](http://www.crazyforcrafts.com)**



## HEALTHY LIVING TOPICS-SLIDE SHOWS



Click to access the following links below as additional resources.

- ✓ [http://www.medicinenet.com/script/main/hp.asp?ecd=mnl\\_spc\\_071117](http://www.medicinenet.com/script/main/hp.asp?ecd=mnl_spc_071117)
- ✓ <http://www.webmd.com/>
- ✓ <http://www.mayoclinic.org/departments-centers/integrative-medicine-health>
- ✓ <https://hms.harvard.edu/>

**To access the links below on your computer hold the Ctrl key and click on the link attached.**

### **Secrets for a Longer Life**

[http://www.medicinenet.com/longer\\_life\\_secrets\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/longer_life_secrets_pictures_slideshow/article.htm)

**The Best Diet Tips Ever** [http://www.medicinenet.com/diet\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/diet_pictures_slideshow/article.htm)

### **Diabetes Diet: Healthy Meal Plans for Type 1 and Type 2**

[http://www.medicinenet.com/diabetes\\_savvy\\_dining\\_pictures\\_slideshow/article.htm?ecd=mnl\\_spc\\_062817](http://www.medicinenet.com/diabetes_savvy_dining_pictures_slideshow/article.htm?ecd=mnl_spc_062817)

### **Fat-Fighting Foods**

[http://www.medicinenet.com/fat-fighting\\_foods\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/fat-fighting_foods_pictures_slideshow/article.htm)

### **Discover Your Allergy Triggers (Slide Show)**

[http://www.medicinenet.com/10\\_common\\_allergy\\_triggers\\_slideshow/article.htm?ecd=mnl\\_spc\\_062617](http://www.medicinenet.com/10_common_allergy_triggers_slideshow/article.htm?ecd=mnl_spc_062617)

### **Travel Tips for Better Diabetes Control**

[http://www.medicinenet.com/diabetic\\_traveler\\_12\\_tips\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/diabetic_traveler_12_tips_pictures_slideshow/article.htm)

### **Fish Eaters Report Less Rheumatoid Arthritis Pain (Slide Show)**

[http://www.medicinenet.com/script/main/art.asp?articlekey=204906&ecd=mnl\\_day\\_062617](http://www.medicinenet.com/script/main/art.asp?articlekey=204906&ecd=mnl_day_062617)

### **Deep Vein Thrombosis Symptoms, Treatment and Prevention (Slide Show)**

[http://www.medicinenet.com/deep\\_vein\\_thrombosis\\_dvt\\_pictures\\_slideshow/article.htm?ecd=mnl\\_day\\_062617](http://www.medicinenet.com/deep_vein_thrombosis_dvt_pictures_slideshow/article.htm?ecd=mnl_day_062617)

### **Effects of Secondhand Smoke: Facts**

[http://www.medicinenet.com/secondhand\\_smoke\\_pictures\\_slideshow/article.htm?ecd=mnl\\_spc\\_070317](http://www.medicinenet.com/secondhand_smoke_pictures_slideshow/article.htm?ecd=mnl_spc_070317)

### **Dealing Effectively with Depression**

[http://www.medicinenet.com/depression\\_overview\\_pictures\\_slideshow/article.htm?ecd=mnl\\_day\\_070317](http://www.medicinenet.com/depression_overview_pictures_slideshow/article.htm?ecd=mnl_day_070317)

### **Pain Quiz: Test Your Back Pain IQ**

[http://www.medicinenet.com/back\\_pain\\_quiz/quiz.htm?ecd=mnl\\_day\\_063017](http://www.medicinenet.com/back_pain_quiz/quiz.htm?ecd=mnl_day_063017)

### **Myths and Facts About Back Pain**

[http://www.medicinenet.com/back\\_pain\\_pictures\\_myths\\_and\\_facts\\_slideshow/article.htm?ecd=mnl\\_day\\_062017](http://www.medicinenet.com/back_pain_pictures_myths_and_facts_slideshow/article.htm?ecd=mnl_day_062017)

### **Surprising Reasons You're Gaining Weight**

[http://www.medicinenet.com/weight\\_gain\\_shockers\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/weight_gain_shockers_pictures_slideshow/article.htm)

## Core Training for Active Adults and Seniors by Curtis Adams

<https://www.youtube.com/watch?v=CuVxlVjXgNE>

## The Truth About Teeth Whitening

[http://www.medicinenet.com/teeth\\_whitening\\_fads\\_pictures\\_slideshow/article.htm?ecd=mnl\\_spc\\_070617](http://www.medicinenet.com/teeth_whitening_fads_pictures_slideshow/article.htm?ecd=mnl_spc_070617)

## Spot the Early Warning Signs of Skin Cancer

[http://www.medicinenet.com/skin\\_cancer\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/skin_cancer_pictures_slideshow/article.htm)

## Is This Rash Psoriasis?

[http://www.medicinenet.com/psoriasis\\_symptoms\\_treatment\\_pictures\\_slideshow/article.htm?ecd=mnl\\_spc\\_062717](http://www.medicinenet.com/psoriasis_symptoms_treatment_pictures_slideshow/article.htm?ecd=mnl_spc_062717)

## How to Reduce Wrinkles

[http://www.emedicinehealth.com/slideshow\\_wrinkles\\_pictures/article\\_em.htm?ecd=mnl\\_spc\\_062717](http://www.emedicinehealth.com/slideshow_wrinkles_pictures/article_em.htm?ecd=mnl_spc_062717)

## Constipation Myths and Facts

[http://www.medicinenet.com/constipation\\_myths\\_facts\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/constipation_myths_facts_pictures_slideshow/article.htm)

## How to Make Your Home a Healthy One

[http://www.medicinenet.com/home\\_health\\_pictures\\_slideshow/article.htm?ecd=mnl\\_day\\_071117](http://www.medicinenet.com/home_health_pictures_slideshow/article.htm?ecd=mnl_day_071117)

## Food Frauds That Can Wreck Your

[http://www.medicinenet.com/diet\\_food\\_frauds\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/diet_food_frauds_pictures_slideshow/article.htm)

## Feet Facts Quiz: Test Your Medical IQ

[http://www.medicinenet.com/feet\\_facts\\_quiz/quiz.htm?ecd=mnl\\_day\\_071117](http://www.medicinenet.com/feet_facts_quiz/quiz.htm?ecd=mnl_day_071117)

## WebMD Presents In Their Own Words: Moving Beyond Migraine with Robin Roberts (video)

<http://www.webmd.com/migraines-headaches/inside-migraines-17/video-migraine-genetics-robin-roberts>

6 Breast Cancer Risk Factors You CAN Control <http://www.breastcancer.org/risk/factors/slideshows/can-control?slide=1>

## Appendicitis Quiz: Test Your Medical IQ

[http://www.medicinenet.com/appendicitis\\_quiz/quiz.htm?ecd=mnl\\_spc\\_071317](http://www.medicinenet.com/appendicitis_quiz/quiz.htm?ecd=mnl_spc_071317)

## Anti-Aging Skincare Essentials

[http://www.medicinenet.com/anti-aging\\_skincare\\_essentials\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/anti-aging_skincare_essentials_pictures_slideshow/article.htm)

## Foods That Help or Harm Your Sleep

[http://www.medicinenet.com/foods\\_that\\_help\\_harm\\_sleep\\_slideshow/article.htm](http://www.medicinenet.com/foods_that_help_harm_sleep_slideshow/article.htm)

## Do I Have Pneumonia? Symptoms & Signs

[http://www.medicinenet.com/pneumonia\\_quiz/quiz.htm?ecd=mnl\\_spc\\_072417](http://www.medicinenet.com/pneumonia_quiz/quiz.htm?ecd=mnl_spc_072417)

## Joint-Friendly Exercises for Arthritis

[http://www.medicinenet.com/rheumatoid\\_arthritis\\_exercises\\_slideshow/article.htm](http://www.medicinenet.com/rheumatoid_arthritis_exercises_slideshow/article.htm) Nasal Allergy Relief:

Products That Work [http://www.medicinenet.com/nasal\\_allergy\\_relief\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/nasal_allergy_relief_pictures_slideshow/article.htm)



## Resource Links for Caregivers

### **Aging**

American Society on Aging  
[www.asaging.org](http://www.asaging.org)

National Council on Aging  
[www.ncoa.org](http://www.ncoa.org)

National Resource Center on Nutrition, Physical Activity and Aging  
[nutritionandaging.fiu.edu](http://nutritionandaging.fiu.edu)

National Association of Area Agencies on Aging  
[www.n4a.org](http://www.n4a.org)

National Association of Professional Geriatric Care Managers  
[www.caremanager.org](http://www.caremanager.org)

### **Government**

Administration on Aging  
[www.aoa.gov](http://www.aoa.gov)

Centers for Medicare and Medicaid Services  
[www.cms.gov](http://www.cms.gov)

U.S. Government/Senior Citizens' Resources  
[www.seniors.gov](http://www.seniors.gov)

United We Ride  
[www.unitedweride.gov](http://www.unitedweride.gov)

### **Caregiving**

Right at Home Newsletter  
[www.caringnews.com](http://www.caringnews.com)

Direct Care Alliance, Inc.  
[www.directcarealliance.org](http://www.directcarealliance.org)

Family Caregiver Alliance  
[www.caregiver.org](http://www.caregiver.org)

National Clearinghouse on the Direct Care Workforce  
[www.directcareclearinghouse.org](http://www.directcareclearinghouse.org)

National Family Caregivers Association  
[www.nfcacares.org](http://www.nfcacares.org)



National Guardianship Association, Inc.  
[www.guardianship.org](http://www.guardianship.org)

National Private Duty Association  
[www.privatedutyhomecare.org](http://www.privatedutyhomecare.org)

Senior Care  
[www.caring.com](http://www.caring.com)

Third Age  
[www.thirdage.com](http://www.thirdage.com)

[www.teepasnow.com](http://www.teepasnow.com)

### **Health/Medical**

Alzheimer's Association  
[www.alz.org](http://www.alz.org)

American Association for Respiratory Care  
[www.aarc.org](http://www.aarc.org)

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

American Lung Association  
[www.lungusa.org](http://www.lungusa.org)

American Stroke Association  
[www.strokeassociation.org](http://www.strokeassociation.org)

National Parkinson Foundation  
[www.parkinson.org](http://www.parkinson.org)

National Alliance for Hispanic Health  
[www.hispanichealth.org](http://www.hispanichealth.org)

National Organization on Disability  
[www.nod.org](http://www.nod.org)

American Hospice Foundation  
[www.americanhospice.org](http://www.americanhospice.org)



# LOCAL UNIT REPORT: How Healthy is Your Local Unit?

## Local Unit Annual Report Form



**Return to District Healthy Living Committee Chair by February 15**

(Information to be gathered from January to December)

Local Unit \_\_\_\_\_ District \_\_\_\_\_

Local Unit Healthy Living Committee Chair \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Approximate Number of Members in your Local Unit \_\_\_\_\_ Date \_\_\_\_\_

Complete the following items about your local unit:

\_\_\_\_ 1) Does your unit publicize health tips at every meeting/newsletters?



\_\_\_\_ 2) Does your unit include a program on healthy living?

List program/speaker: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_ 3) Does your unit provide healthy living materials/resources to members?

\_\_\_\_ 4) Does your unit follow "Guidelines for Healthy Meetings?"

\_\_\_\_ A) Are low-calorie and low-fat foods available?

\_\_\_\_ B) Is water available?



\_\_\_\_ C) Are stretch breaks encouraged?



BrainFood

5) How does your local unit encourage its members to exercise regularly?



\_\_\_\_\_



6) Was the Healthy Living Committee Resource Guide helpful? \_\_\_\_\_

- Do you access the online version of the guide? \_\_\_\_\_
- Do you find the Healthy Living Committee webpage helpful? \_\_\_\_\_

Comments: \_\_\_\_\_

Your feedback is appreciated!

**District Healthy Living Chair, please include this form with your district report.**

## TRTA Healthy Living Committee DISTRICT ANNUAL REPORT FORM due March 1

Please include information from the Local Unit Annual Reports on this form.

Attach Local Unit Reports to this District Report and submit to your State Healthy Living Committee Member

District # \_\_\_\_\_ District Healthy Living Committee Chair \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Name of Local Unit	# Members	# 1	# 2	# 3	# 4	
Ex: Geezer County Retired Educators	63	Yes	Yes	Yes	No	
1						
2						
3						
4						
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